

New Jersey Department of Education  
Office of Early Childhood Education  
PO Box 500  
Trenton, NJ 08625

October 16, 2002

Dear Directors/Supervisors of Early Childhood Education and Master Teachers,

In light of the recent discussions, and frequent questions, at both the Master Teacher Seminars and the Supervisors meetings regarding Naptime, Ellen Frede has asked me to share this information with you. The following excerpt is taken from the book entitled *Infants and Children, Prenatal Through Middle Childhood (Third Edition)*, Laura Berk, Illinois State University, Allyn and Bacon 1999, p. 303.

“On the average, total sleep declines from 12 to 13 hours at ages 2 and 3 to 10 to 11 hours at ages 4 to 6. Younger preschoolers typically take a 1-2 hour nap in the early afternoon, although their daytime sleep needs vary widely. Some continue to take two naps, as they did in toddlerhood; others give up napping entirely. Unless a child routinely becomes irritable and overtired from lack of sleep, there is no need to force a nap on a preschooler (Shelov, 1993).\* Around age 4, most children no longer require any daytime sleep, although a quiet play period or rest after lunch helps them rejuvenate for the rest of the day.”

Please consider this information and share as necessary.

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\*Shelov, S.P. (1993) *Caring for your baby and young child: Birth to age 5*.  
New York: Bantam.